

## ABSTRAK

Riselta Nata Regita

Pengaruh Program Kelas Ibu Hamil Terhadap Kesiapan Mental dan Emosional di Wilayah Kerja Puskesmas Mejayan

xv + 75 Halaman + 8 Tabel + 11 Lampiran

Kesiapan psikologis dan emosional merupakan aspek penting yang perlu dimiliki oleh ibu dalam menjalani kehamilan hingga menghadapi proses persalinan. Kondisi mental dan emosional yang kurang optimal dapat meningkatkan munculnya kecemasan, rasa takut, maupun stres yang berpotensi memengaruhi kondisi kesehatan ibu dan janin. Pelaksanaan Kelas Ibu Hamil menjadi salah satu upaya yang dapat diberikan untuk meningkatkan pemahaman sekaligus mempersiapkan kondisi mental dan emosional ibu selama masa kehamilan. Penelitian ini bertujuan untuk menganalisis pengaruh Program Kelas Ibu Hamil terhadap kesiapan mental dan emosional ibu hamil.

Penelitian ini menggunakan metode analitik dengan rancangan *pre-experimental* dan pendekatan *one-group pretest-posttest design*. Penelitian dilakukan di wilayah kerja Puskesmas Mejayan, Kabupaten Madiun, dengan melibatkan 45 ibu hamil sebagai sampel. Pengambilan sampel menggunakan teknik total populasi. Instrumen penelitian berupa *Pregnancy Related Anxiety Questionnaire* (PRAQ) untuk menilai kesiapan mental dan *Self Reporting Questionnaire-20* (SRQ-20) untuk mengevaluasi kondisi emosional ibu hamil. Analisis perbedaan sebelum dan sesudah pemberian program dilakukan menggunakan *Wilcoxon Signed Rank Test* dengan tingkat kemaknaan  $\alpha = 0,05$ .

Sebelum memperoleh intervensi melalui Program Kelas Ibu Hamil, sebagian besar responden berada pada kategori siap dalam aspek kesiapan mental, sedangkan hampir seluruh responden menunjukkan kesiapan emosional dalam kategori baik. Setelah mengikuti program, proporsi ibu hamil dengan kesiapan mental kategori siap meningkat hingga hampir seluruh responden, sementara seluruh responden berada dalam kategori kesiapan emosional yang baik. Hasil uji statistik menunjukkan adanya perbedaan yang bermakna antara kondisi sebelum dan sesudah mengikuti Program Kelas Ibu Hamil ( $p\text{-value} = 0,000 < 0,05$ ).

Program Kelas Ibu Hamil menunjukkan adanya pengaruh terhadap kesiapan mental dan emosional ibu hamil di wilayah kerja Puskesmas Mejayan. Pelaksanaan program ini dapat menjadi salah satu upaya dalam mempersiapkan ibu menghadapi kehamilan dan persalinan sekaligus mendukung kondisi psikologis dan emosional selama masa kehamilan.

Kata kunci: Kelas ibu hamil, kesiapan emosional, kesiapan mental, ibu hamil.

Daftar bacaan: 25 buku (2017 – 2025)

## ABSTRACT

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*The Influence of the Pregnant Women's Class Program on Mental and Emotional Readiness in the Mejayan Community Health Center Working Area*

xv+ 75 Pages + 8 Tables + 11 Appendices

Psychological and emotional preparedness is an important aspect for women throughout pregnancy and in preparation for childbirth. Inadequate mental and emotional preparedness may increase the risk of anxiety, fear, and stress, which may potentially affect the health and well-being of both the mother and fetus. Pregnancy Classes provide an educational approach that may help strengthen maternal knowledge as well as psychological and emotional preparedness during pregnancy. This study aimed to analyze the effect of the Pregnancy Class Program on the mental and emotional preparedness of pregnant women.

This analytical study employed a pre-experimental design with a one-group pretest-posttest approach. The study was conducted within the working area of Mejayan Public Health Center, Madiun Regency, involving 45 pregnant women selected through a total population sampling technique. Data were collected using the Pregnancy Related Anxiety Questionnaire (PRAQ) to assess mental preparedness and the Self-Reporting Questionnaire-20 (SRQ-20) to evaluate emotional preparedness. Differences between the pre-intervention and post-intervention conditions were analyzed using the \*Wilcoxon Signed Rank Test\* with a significance level of  $\alpha = 0.05$ .

Prior to participation in the Pregnancy Class Program, most participants were classified as having a prepared level of mental readiness, while nearly all participants demonstrated good emotional preparedness. Following participation in the program, almost all pregnant women were classified as having a prepared level of mental readiness, and all participants demonstrated good emotional preparedness. Statistical analysis revealed a significant difference in mental and emotional preparedness before and after participation in the Pregnancy Class Program ( $p\text{-value} = 0.000 < 0.05$ ).

The Pregnancy Class Program was associated with changes in the mental and emotional preparedness of pregnant women in the working area of Mejayan Public Health Center. The program may serve as an educational approach to support women's preparedness for pregnancy and childbirth while promoting psychological and emotional well-being throughout pregnancy.

**Keywords:** Emotional Readiness, Mental Readiness, Pregnant Women, Pregnant Women Class Program.

**References:** 25 books (2017-2025)